

*Gladwin County*

# 4-H Family News

January 2021

Happy New Year 4-H families!

As we start off the new year, I am sure many of you, like me, are starting to make plans for the upcoming spring and summer.

At this time, we are still not holding any 4-H related programs, events or meetings face-to-face. Campus recently sent an email in regard to their efforts to re-open our program back to face-to-face. I am hopeful that 2021 will bring good things and we can all get back to having meetings and seeing each other real soon.

Clubs should continue to make efforts to keep in contact with one another especially as we start to come up on the busier time of year for 4-H. If clubs would like to hold virtual meetings, I would be more than happy to help out.

I want to share some of the things I have been working on lately. Our Passport Kitchen program will start promoting its second sessions very soon. I can't wait to show you all the wonderful new countries we will be visiting. In February we will be kicking off a fun crafting program for all ages.

I recently met with the Conservation District to discuss some options for programming. We are looking to see about a program where youth can grow their own mushrooms at home on toilet paper. I'm looking forward to these programs and would love to hear from families if there are any avenues we should look into for programs you would like to see.

Lastly, if youth or volunteers haven't re-enrolled in 4-H online please do so ASAP so you can keep up to date with all the information and programs being offered

Sincerely,

Melissa Preston

## Contact Us

Melissa Preston

Program Coordinator

555 West Cedar Ave

Gladwin MI

48624

Phone :

989-426-7741

### Email

prest142@msu.edu

### Web Site

<http://msue.msu.edu/county/info/gladwin>

### Office Hours:

By appointment only

## Winners Announced for Gingerbread House Showdown: Clare vs. Gladwin!

The first Gingerbread House Showdown against Clare was a great success and we plan to hold the contest again in 2021!

Many people voted for their favorite gingerbread house on Facebook after teams had to make their gingerbread from scratch.

Clare County was the overall winner with 179 points and Gladwin County with 174 points!

Winning teams are:

- 1st Place: OK Squad—Kara and Olivia Forsberg (Clare)
- 2nd Place: 2 Turtle Doves—Lilly and Michelle (Gladwin)
- 3rd Place: Colvin Family—Emily, Leah and Ethan (Gladwin)

Congratulations everyone and thank you for participating and voting!!



### January Birthdays

Xander	Atkinson
Bronson	Bigham
Nicole	Hill
Caden	McKeever
Elizabeth	Mickler
Sophie	Milks
Lily	Miller
Mary	Miller
Brytan	Muma
Jakob	O'Farrell
Bryar	Pollard
Gage	Prieskorn
Charlize	Searfoss
Olivia	Somers
Reed	Sprague
Riley	Sprague
Kristen	Willert

## What's all the buzz?

Join 4-H staff to learn about bee program opportunities in 4-H!

Tuesday, January 26, 2021

7:00pm via Zoom

Preregistration required at

[https://msu.zoom.us/webinar/register/WN\\_1ftYjVQvSRaIKHmNsMXb\\_A](https://msu.zoom.us/webinar/register/WN_1ftYjVQvSRaIKHmNsMXb_A)

This webinar is open to any youth and adults wanting to learn more about 4-H bee programs in Michigan.

#### Topics of discussion:

- 4-H Beekeeping Essay Contest
- Upcoming statewide SPIN Club
- Successes of beekeeping clubs
- How to start a local 4-H bee club
- Educational bee apiaries
- ... and more!

Youth and adults from the public and 4-H community wanting to learn more about 4-H bee programs should plan to attend this interactive webinar. Along with discussing many of the bee program opportunities that 4-H has to offer, staff will also host an Interactive bee jeopardy game for attendees. Preregistration required at [https://msu.zoom.us/webinar/register/WN\\_1ftYjVQvSRaIKHmNsMXb\\_A](https://msu.zoom.us/webinar/register/WN_1ftYjVQvSRaIKHmNsMXb_A)



## Senior Scholarship Packets Available

Seniors, the 4-H Leader's Council and Kenneth J. Dubiel scholarship packets are in the mail. They are also available at [https://www.canr.msu.edu/gladwin/4-h/4\\_h\\_club\\_forms](https://www.canr.msu.edu/gladwin/4-h/4_h_club_forms).

The link was also emailed to all eligible seniors.

All scholarship packets are due March 1st, 2021 to the MSUE Gladwin office. If you have any questions regarding the scholarships please contact the office at 989-426-7741 or [prest142@msu.edu](mailto:prest142@msu.edu)



# JEDI TRAINING

WITH LUCE AND MACKINAC COUNTY 4-H

## ARE YOU THE JEDI WE ARE LOOKING FOR?

Explore the skills of the Jedi through mindfulness, physical activities and at home challenges.

TUESDAYS JANUARY 26 - FEBRUARY 23

4:30 - 5:30PM

OPEN TO YOUTH AGES 7 AND UP

For more information, please email:

Jessica Price at [brown130@msu.edu](mailto:brown130@msu.edu) or Susan Kirkman [kirkmans@msu.edu](mailto:kirkmans@msu.edu)

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✿ 4-H GROWS HERE

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Back by popular demand Luce County 4-H and Mackinac County 4-H present the return of Jedi Training Club. Loaded with Star Wars clips and discussion, each session explores a new skill of the Jedi through mindfulness, physical activities, and at home challenges. Get ready to build your own lightsaber and join the ranks of Obi-Wan, Luke, and Rey. Upon the completion of the Jedi trials you will be ready to take on Jedi Masters in March 2021.

Open to youth ages 7 and up. Join us via zoom from 4:30-5:30 pm on Tuesdays, January 26 - February 23. To register, please visit: <https://forms.gle/TX8pU8cGpgUcKBGCA>

May the Force be with you!

Join us for a FUN LEGO challenge! 4-H LEGO Challenge Spin Club will begin on January 25th and meet every Monday & Wednesday until February 10th.

Registration ends on January 18th. This club will meet Virtually using the Zoom App for six sessions from 4PM to 5PM EST. This club is free and open to 4-H members ages 9 and up. If interested in Registering please contact Jessica Luckey at [luckeyje@msu.edu](mailto:luckeyje@msu.edu). Youth must also be enrolled in this club through 4-H Online

## LET'S HAVE A LEGO CHALLENGE!

Join us for our Lego 4-H Spin Club! Each session you will be provided with a new challenge to add to the building fun!

Free and open to youth 9 and up

When: Jan 25, Jan 27, Feb 1, Feb 3, Feb 8, Feb 10  
4-5pm EST

We will be meeting online using the Zoom App

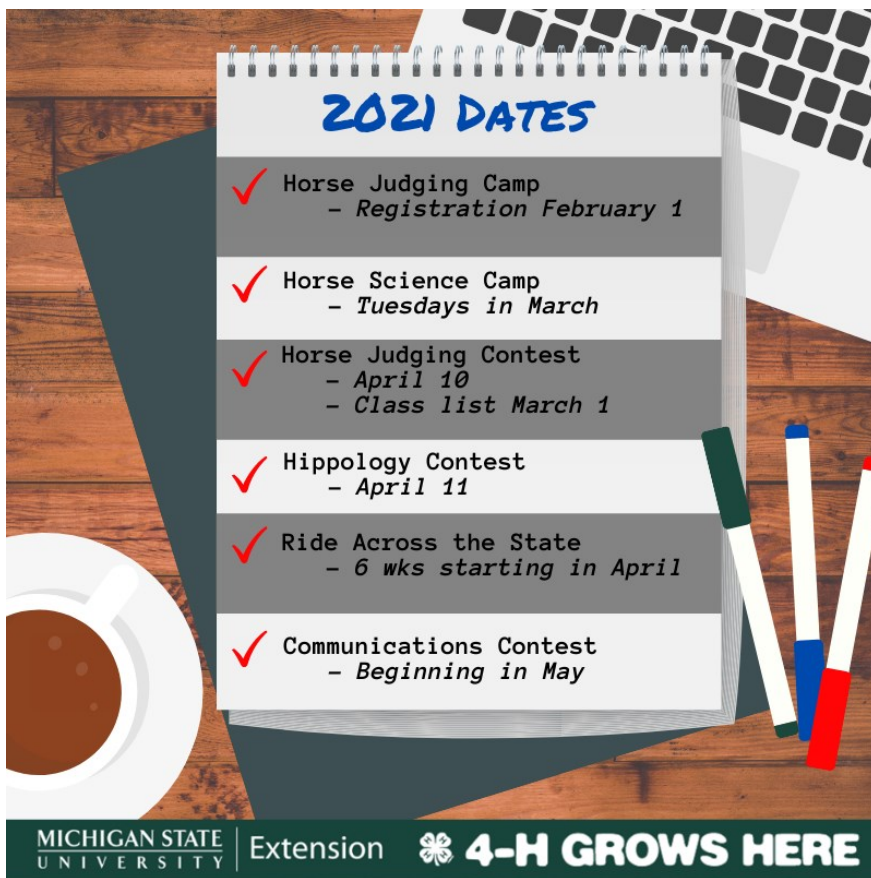
For registration info please email [Luckeyje@msu.edu](mailto:Luckeyje@msu.edu)



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### Virtual Horse Judging Camp

- Brought to you by University experts from Michigan State, Purdue, Oklahoma State, and University of Nebraska
- Online course with at-home assignments, interactive evening meetings, reasons critiques, quizzes, and certificate of completion.
- February 16, 18, 23, 25
- \$30/person, REGISTRATION opens February 1

### Virtual 4-H Equine Science Camp

- Tuesdays March 6 - April 2
- 11-19 year olds, \$35/person, limited space
- Registration opens January 10th,

More details and registration information (when available) will be located at: [https://www.canr.msu.edu/horses\\_ponies/](https://www.canr.msu.edu/horses_ponies/)



Attention all virtual, hybrid and homeschooled students in grades 4-8. Registration is now open for the MSU Tollgate Farm Virtual Vet Science Interactive Series February 1- 5, 2021. Spend time exploring the MSU Tollgate barn and pastures virtually as you investigate vet science and animal care. Get to know the MSU Tollgate animals as you experience the care of our livestock up close and personal. Explore the five freedoms, engage in STEM challenges, and learn about veterinary tools & technology. Interactive real time sessions with MSU Extension Animal Science educators, MSU Tollgate Farm staff, and visiting vets complement investigations and activities. The next best thing to being on the farm! <https://events.anr.msu.edu/TollgateFallVirtualVetScience-Weeklong/>



INTERACTIVE SESSIONS  
FOR GRADES 4-8

REGISTER TODAY



# VISUALIZING A YEAR LIKE NO OTHER



Image: Becca T., Saranac, MI

## A MICHIGAN TEEN PHOTO PROJECT

MSU BROAD



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ARTLAB

Registration is now open for **Visualizing A Year Like No Other | A Michigan Teen Photo Project.**

Michigan teens are invited to take part in this exciting program that unites photographers across the state. Youth who participate in the project will be guided by experienced staff members from [Michigan State University Extension's Children and Youth Institute](#) and the [Eli and Edythe Broad Art Museum](#). Staff will lead and facilitate small groups of youth (8-10 youth per group) who will meet weekly Feb. 1 – Mar. 22, 2021 using the online Zoom meeting platform. During weekly Zoom meetings, youth participants will learn basic photography skills and form relationships with other teens from across Michigan. Access to a digital camera is not required, youth will be able to participate in the project successfully using the camera on a smartphone. Participation is free and open to Michigan youth ages 13–19.

Learn more and register by Jan. 24 at <https://events.anr.msu.edu/photovoice3/>

Participants' final work will be exhibited at the [MSU Broad Art Lab gallery](#) from May 15–Aug. 14, 2021. This exhibition will serve to expand on the experiences and voices as a way to educate others and advocate for positive changes in our communities and our state.



### COOKING WITH KRISTI

#### Learn

- new recipes
- kitchen safety
- cooking terms & techniques

Your free enrollment includes access to a private Facebook group where you can access six videos to watch on your schedule. You will also receive a PDF to go along with each video that includes the recipe and other valuable info.

This series is recommended for youth 10 and up or younger with help from an adult.

<https://events.anr.msu.edu/Cooking2021/>



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Cooking with Kristi is a six-part on-demand cooking video series. Participants will have access to the videos through a private Facebook group. Upon registration, you will receive a welcome email with a link to the Facebook group (you will need to request permission to join), PDFs of all the recipes, and links to additional videos on kitchen safety and other important topics.

The recipes included in this series are ones that youth as young as 10 years old should be able to prepare on their own after some adult instruction on knife safety. Youth under 10 years old can also make the recipes with adult assistance.

Our young cooks will:

- make some creative, tasty, and economical new foods
- learn about basic kitchen safety and sanitation
- learn a variety of cooking techniques and culinary terms

Participants will have the opportunity to show off their completed dishes within the private Facebook group and will earn a chance at winning a prize by doing so.\*

All youth who post pictures of all six recipes by April 1, 2021 will be entered into a drawing for a prize package of fun kitchen items! Participants who confirm they have completed the survey included in the initial welcome email will get an additional entry into the

drawing. Link to register: <https://events.anr.msu.edu/Cooking2021/>

**Give the gift of  
Spartan Cheese!**



Spartans are creative and adaptive, so when the COVID-19 pandemic disrupted normal operations this year, MSU Dairy Store cheese was transferred to MSU Extension. The MSU Product Center then turned this into an opportunity for the perfect holiday gift box. Start your new year with delicious Spartan cheese!

MSU Dairy Store cheese boxes are available for a limited time. From smoky cheddar to salty caerphilly, gift boxes are available for delivery or contactless pickup in Okemos or Novi. Visit the online store today at <https://msu-dairy-store.myshopify.com/>.

## 4-H Events and Workshops

### January 5: Art & Activism SPIN Club

*Zoom Webinar*

Youth ages 9-13 are invited to join discussions and activities related to activism. Michigan AmeriCorps members will lead the meetings from 6-7 p.m. each Tuesday from Jan. 5 - Feb. 23.

<https://www.canr.msu.edu/events/art-activism-spin-club>

### January 6: Supportive Teens Empowering Peers SPIN Club

*Zoom Webinar*

The 4-H Supportive Teens Empowering Peers (STEP) SPIN Club provides an opportunity for teens ages 13- 19 to connect virtually with peers through fun games, social interaction and more! This club will meet from 4-5 p.m. each Wednesday from Jan. 6—Feb. 24.

<https://www.canr.msu.edu/events/4-h-step-spin-club-jan-6-feb-24>

### January 7: Cloverbud Social Emotional Wellness Kit

*Statewide*

Complete activities together with your child to help them explore their emotions. Supplies for activities are included in the kit and can be shipped directly to your home.

<https://www.canr.msu.edu/events/cloverbud-social-emotional-wellness-kit>

### January 12: Wild and Crazy Careers 4-H SPIN Club

*Zoom Webinar*

In this six-week series, youth will hear from people who have turned their hobbies and passions into their dream job. Hear from wildland firefighters, wildlife documentary creators, zookeepers, mountaineers and more!

<https://www.canr.msu.edu/events/wild-and-crazy-careers-4-h-spin-club>

### January 14: Adulting 101 - International Conversations

*Zoom Webinar*

The Adulting 101 series helps high school youth prepare for life on their own. This session will explore cultural values from around the world. Additional sessions will be held on the next two Thursdays and cover goal setting and food safety, respectively.

<https://www.canr.msu.edu/events/adulting-101-winter-series-jan-14>

### January 21: Success and Safety on Volunteer-led Virtual Programs

*Zoom Webinar*

In this workshop, participants will learn about best practices and strategies to use when programming virtually with youth and adults.

<https://www.canr.msu.edu/events/success-and-safety-in-virtual-volunteer-led-programs-1>

### January 26: Success and Safety on Volunteer-led Virtual Programs

*Zoom Webinar*

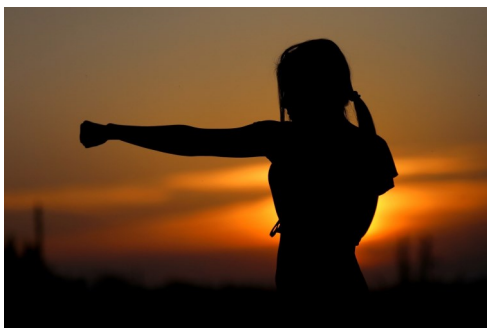
In this workshop, participants will learn about best practices and strategies to use when programming virtually with youth and adults.

<https://www.canr.msu.edu/events/success-and-safety-in-virtual-volunteer-led-programs-2>

For the most up-to-date events listing, go to <http://4h.msue.msu.edu/events>.

## STATEWIDE NEWS AREA

7



### 4-H Ninja Warrior SPIN Club

Ever wonder what it takes to be a ninja warrior like you see on TV? Besides being physically active and in shape, what other things help them to be successful?

Michigan 4-H will be hosting a new and fun SPIN club opportunity for youth to learn what it takes to become a ninja warrior. Throughout the six-week series, different topics will be explored to help youth learn how to be active and strive to be healthy.

This series will run each Wednesday from February 10—March 17. Topics covered will include:

- **Goal setting.** Uncover your physical fitness goals and how you can accomplish them.
- **Strength.** Ninjas have to have both physical and mental strength. Explore ways to improve your strength.
- **Physical activity.** Learn exercise practices that can help you move and gain flexibility.
- **Good nutrition.** Ninjas must eat right to perform at their best. Discover what does good nutrition look like.
- **Balance.** Balance is fundamental in ninja training. Learn ways to build balance into everyday routines.
- **Mindfulness (patience and focus).** Learn strategies that build patience and focus during your ninja training.

Youth that complete the SPIN club will have the opportunity to hear directly from a real-life ninja: 2020 American Ninja Warrior winner Daniel Gil. He will speak to Michigan 4-H youth and friends on Wednesday, March 24. To register for the club, visit [www.canr.msu.edu/events/4-h-ninja-warrior-spin-club](http://www.canr.msu.edu/events/4-h-ninja-warrior-spin-club).

### Resolve to have a great 4-H year

*Christine Heverly, MSU Extension. Adapted from an article originally published by Sandy Risedorph.*

As we begin 2021, here are ten suggestions to make the upcoming year a successful one. Resolve that:

1. Club meetings will start and end on time.
2. Business meetings will follow Roberts Rules of Order. All club paperwork such as minutes, club inventory and financial statements will be completed in a timely manner.
3. All members will take part in discussions and have a say in decisions that are made. Keep a chart with each members' name and when they speak at business meetings.
4. The club meeting will be safe, comfortable and welcoming.
5. Fun will be included in each meeting.
6. The club will pursue at least one community service project chosen, planned and celebrated by the club.
7. New members will have a buddy they may talk with about any 4-H questions.
8. The 4-H Pledge will be said at every meeting.
9. Every club member will be recognized in some way to let them know they are cared about.
10. The club will review club resolutions and Guiding Principles at least once year.

### 2021 Michigan 4-H State Award Changes



Are you planning to apply for a 2021 Michigan 4-H State Award or submit a Mark of Excellence essay? The timeline for these exciting programs has changed!

**The deadline to submit applications or essays is now April 1, 2021.**

Applications will again be submitted with the MSU Extension events management system.

Additional information regarding the awards program will be forthcoming. Learn more and apply at: [extension.msu.edu/4H/StateAwards](http://extension.msu.edu/4H/StateAwards).